

Statistics Report 35176, Buffalo, free range, top round steak, cooked (Shoshone Bannock)

Report Date: July 16, 2017 12:46 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	64.28	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Energy	kcal	146	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Energy	kJ	612	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Protein	g	32.51	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Total lipid (fat) 1	g	1.80	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Ash 1	g	1.22	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Minerals													
Calcium, Ca 1	mg	4	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Iron, Fe 1	mg	3.76	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Magnesium, Mg 1	mg	27	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Phosphorus, P 1	mg	246	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

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Potassium, K 1	mg	376	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Sodium, Na 1	mg	41	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Zinc, Zn 1	mg	5.06	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Copper, Cu 1	mg	0.189	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Manganese, Mn 1	mg	0.011	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Selenium, Se 1	µg	10.5	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamins													
Thiamin 1	mg	0.169	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Riboflavin 1	mg	0.462	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Niacin 1	mg	7.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Pantothenic acid 1	mg	1.010	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin B-6 1	mg	0.794	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Folate, total 1	µg	8	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Folic acid	µg	0	1	--	--	--	--	--	--	--	Assumed zero	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, food 1	µg	8	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Folate, DFE	µg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Vitamin B-12 1	µg	1.67	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin E (alpha-tocopherol) 1	mg	0.59	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tocopherol, beta 1	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tocopherol, gamma 1	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tocopherol, delta 1	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Lipids													
Fatty acids, total saturated	g	0.595	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
8:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
10:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
12:0 1	g	0.001	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
14:0 1	g	0.018	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
15:0 1	g	0.008	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0 1	g	0.264	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
17:0 1	g	0.023	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:0 1	g	0.278	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:0 1	g	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total monounsaturated	g	0.614	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
14:1 1	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
15:1 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
16:1 undifferentiated 1	g	0.026	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
17:1 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:1 undifferentiated	g	0.582	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:1 c 1	g	0.525	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:1 t 1	g	0.057	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:1 1	g	0.004	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total polyunsaturated	g	0.171	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
18:2 undifferentiated	g	0.113	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:2 n-6 c,c 1	g	0.082	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:2 t,t 1	g	0.031	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:3 undifferentiated	g	0.029	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:3 n-3 c,c,c (ALA) 1	g	0.029	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:3 n-6 c,c,c 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:2 n-6 c,c 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:3 undifferentiated 1	g	0.009	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:4 undifferentiated 1	g	0.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total trans	g	0.088	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Fatty acids, total trans-monoenoic	g	0.057	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Cholesterol 1	mg	82	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Amino Acids													
Tryptophan 1	g	0.341	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Threonine 1	g	1.287	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Isoleucine 1	g	1.407	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Leucine 1	g	2.593	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Lysine 1	g	2.266	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Methionine 1	g	0.905	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Cystine 1	g	0.347	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Phenylalanine 1	g	1.251	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tyrosine 1	g	1.093	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Valine 1	g	1.454	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Arginine 1	g	1.929	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Histidine 1	g	1.068	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Alanine 1	g	1.831	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Aspartic acid 1	g	2.839	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glutamic acid 1	g	4.645	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Glycine 1	g	1.371	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Proline 1	g	1.224	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Serine 1	g	1.332	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Sources of Data
¹Nutrient Data Laboratory, ARS, USDA AIAN NFNAP Shoshone-Bannock, Fort Hall, Idaho, 2003 Beltsville MD